



Up-Island Council on Aging
508-693-2896



~ November 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 10:00 Pilates 11:15 Yoga 4:00 Qi Gong	4 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking	5 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 2:30 Walking Group 4:00 Qi Gong	6 8:30, 9:30 Strength Training 12:30 Lunch 	7 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	8
9	10 10:00 Pilates 10:30 Vineyard Isle Parkinsonians Support Group 11:15 Yoga 4:00 Qi Gong	11 CLOSED 	12 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 1:00-3:00 Blood Pressure Clinic 2:30 Walking Group 4:00 Qi Gong	13 8:30, 9:30 Strength Training 12:30 Lunch	14 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	15
16	17 10:00 Pilates 11:15 Yoga 4:00 Qi Gong 	18 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking	19 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 2:30 Walking Group 4:00 Qi Gong Patti Mello Legal Clinic	20 8:30, 9:30 Strength Training 12:30 Thanksgiving Lunch	21 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	22
23	24 10:00 Pilates 11:15 Yoga 4:00 Qi Gong	25 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking	26 8:15 Balletics 10:30 Yoga 10:30 Book Group 1:00 Mah Jong 1:00-3:00 Public Health Nurse Clinic. Drop in or call (508)957-7660 for an appointment. 4:00 Qi Gong Falmouth Shopping Trip with Ellen! Call to Sign up	27 CLOSED 	28 CLOSED 	29
30	On-Going Services: CORE (mental health counseling referrals), SHINE (health insurance counseling), SNAP (formerly food stamps), fuel assistance, medical equipment loans, File of Life, free notary services.					